

## Fitness is not a hobby. It is a lifestyle!



Strength testing has been a useful means of assessing physical capacity, for tracking progress and for determining degree of disability subsequent to injury.

Grip Strength testing measures the motor strength of your upper extremities. There is a strong correlation between grip strength and upper body strength. Normally, the preferred hand is about 10% greater than the non-preferred hand. Strength is an important part of physical fitness.

Muscular strength is the ability to exert force through the recruitment of the maximum number of muscle fibers (cells) to overcome a resistance. The more muscle fibers that can be brought into action, the greater the strength. Progressively increasing the amount of resistance a muscle must overcome will train the muscles and the neural input to the muscle to work more efficiently, resulting in the use of more fibers.

Weight and resistance training can increase muscle strength. Strength is important, as all movement requires muscles. A strength and endurance program is an important part of your fitness program. It can help your muscles build strength, form, tone and endurance. This, in turn, can help you perform daily activities and athletics better, increase your energy level, avoid lower back pain and shape and tone your body. Try to strength train 2-3 times every week. No single test can be used to test overall strength, endurance or power. Today's test should be used as a starting point. If more information on your body strength and endurance is desired, please contact your physician or fitness professional for further testing or referrals to a standardized testing facility.

- **Procedure:** Subject holds the dynamometer in one hand in line with the forearm and hanging by the thigh. Maximum grip strength is then determined without swinging the arm.
- **Scoring:** The best of two trials for each hand is recorded. And compared to standardized values.



Contact Heart Screen for more information or to schedule an event.